

DINNERLY



Balanced Caribbean Chicken Tray Bake

with Fresh Corn and Potato



40 minutes



2 Servings

Sometimes we just want an easy, pop-it-in-the-oven kind of dinner. Right? Toss veggies and chicken in Caribbean spices, tumble onto an oven tray and let it all roast to golden perfection.

WHAT WE SEND

- 1 potato
- 1 corn cob
- 1 carrot
- coriander
- 10g Caribbean seasoning ¹⁷
- 1 large free-range chicken breast fillet

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs mayonnaise ³
- 1 tsp white vinegar

TOOLS

- oven tray
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 570kcal, Fat 28.3g, Carbs 34.2g, Proteins 40.8g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled potato** into wedges. Discard the husk and silks from the **corn**, then cut into 2cm-thick rounds. Peel the **carrot**, halve widthwise, then cut into 2cm-thick batons. Pick the **coriander** leaves and finely chop the stems. Crush or finely chop **2 garlic cloves**.



2. Roast vegetables

Put the **potato, corn, carrot, half the Caribbean seasoning** and **2 tsp olive oil** in a bowl, season with **pepper** and toss to coat. Put the vegetables on the lined tray and roast for 20 mins or until golden and starting to become tender.



3. Marinate chicken

Meanwhile, cut the **chicken** into 4cm chunks. Put the chicken, **coriander stems, garlic, remaining Caribbean seasoning** and **2 tsp olive oil** in a bowl, season with **pepper** and toss to combine.



4. Roast chicken

Put the **chicken** on top of the vegetables and roast for a further 10-15 mins until the chicken is cooked through and the vegetables are tender.



5. Serve up

Meanwhile, put **2 tbs mayonnaise, 1 tsp white vinegar** and **1 tsp water** in a bowl. Season with **salt and pepper** and stir to combine (see Make it yours). Divide the **chicken** and **roasted vegetables** among plates, drizzle with the **mayonnaise dressing**, scatter over the **coriander leaves** and enjoy!



6. Make it yours

Like your dressing on the sweeter side? Add 1 tsp honey or maple syrup. Prefer it with a kick of heat? Stir in a pinch of chilli flakes.